

# Project Life Force

**ENTIRE STUDY CAN BE COMPLETED REMOTELY!**

Participants will be randomly assigned to one of the study arms:

## PROJECT LIFE FORCE

**(PLF)** is a manualized, 90-minute **group therapy** for 10 sessions, lasting 3 months.

- Combines **psychoeducation** and **emotion regulation skills** with **suicide safety planning** development and implementation. Hopes to increase social support.

## Treatment as Usual

**(TAU)** does **not** include the group therapy, which is the only difference between the two study arms.

- Number of individual **mental health appointments**, Suicide Prevention Coordinators (SPC) **outreach contacts**, and **usage patterns of safety plans** will be tracked.

**Principal Investigator:**

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**Payment for participants is**  
\$75 for the four surveys. \$300 total!

**Protocol No.:** GOO 18-18  
**MIRB:** 01798

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# Qualitative Feedback on the PLF Pilot:

## More Effective Use of Safety Plan

“Going through each step in depth makes it a living document, instead of just filling it out on the fly and never using it.”



## Hope/Improved Depressive and Suicidal Feelings

“I wake up wanting to live now.”

## Increased Connection & Sense of Belongingness. Lessened Loneliness

“To actually connect with my brothers in this fight was powerful. It’s another battle we are facing.”

# PLF Content:

